

# ST LEONARDS MENU Week commencing 11<sup>th</sup> September



St Leonards  
St Andrews, Fife

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Poached Eggs & Mushrooms Fresh Fruit - on request	Continental Breakfast Fresh Fruit - on request	Bacon & Baked Beans Fresh Fruit - on request	Croissant Fresh Fruit - on request Yoghurt Selection Toast Selection	French Toast Fresh Fruit on Request	Waffles with Crispy Bacon Fresh Fruit on Request	Croissants Fresh Fruit on Request
Porridge , Birchers Muesli, Cornflake, Coco Pops, Muesli, Weetabix, Frosties, Krispies Fruit Juice Selection, Tea, Coffee, Hot Chocolate Preserves, Chocolate Spread, Cream Cheese						
<b>LUNCH</b>						
Vegetarian Soup Broccoli & Cheddar	Vegetarian Soup Honey glazed carrot	Vegetarian Soup Red lentil	Vegetarian Soup Mediterranean vegetable & tomato	Vegetarian Soup Turnip, honey & roast garlic	Vegetarian Soup Tomato Soup With seeded Pain Bagnat	Vegetarian Soup Chefs Choice
Seniors Main Traditional Meatloaf With Gravy	Seniors Main Salmon & Asparagus Fishcakes	Seniors Main Sticky Beef Stir-fry Prawn Crackers	Seniors Main Chicken & Leek Pie	Seniors Main Simon Howie Steak Burgers	Seniors Main Salmon Risotto	Sunday Brunch
Vegetarian Main Macaroni Cheese	Vegetarian Main Homity Pie	Vegetarian Main Vegetable Chow mein	Vegetarian Main Butternut squash & courgette Lasagne	Vegetarian Main Spicy Bean Burgers	Vegetarian Main Goats cheese & root vegetable quiche	Vegetarian Main Sunday Brunch
Potato Steamed Potatoes Carrots	Potato Oven Roasted Potatoes Garden Peas	Potato Green Beans Cauliflower	Potato Steamed Potatoes Broccoli	Potato Chunky Chipped Potatoes Baked Beans	Potato Warm Crusty Bread Sliced Carrots Salad Bar	
Hot Dessert Fruit Pie Custard	Hot Dessert Churros Chocolate Sauce	Hot Dessert Pear & Apple Strudel Custard	Hot Dessert Toffee & Apple Bananas	Hot Dessert Iced Treat	Hot Dessert Chef Choice	Hot Dessert Chefs Choice
Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter
<b>EVENING MEAL</b>						
Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice
Seniors Main Chicken Goujons	Seniors Main Pasta Bar Bolognese/Chicken	Seniors Main Chilli Con Carne Tortillas	Seniors Main Pork Schnitzel	Seniors Main Chicken Tikka Masala With herb yoghurt sauce	Seniors Main Handmade Pizza's	Seniors Main Hunters Chicken
Vegetarian Main Spiced Lentil stuffed Pepper	Vegetarian Main Pasta Bar /Garlic Oil/Cheddar Sauce	Vegetarian Main Vegetable & bean wraps	Vegetarian Main Jamaican Sweet potato cakes	Vegetarian Main Aubergine & Sweet Potato Curry	Vegetarian Main Handmade Pizza	Vegetarian Main Courgette Fritters
Sides Potato Wedges Baked Beans Sweetcorn	Sides Garlic Bread Roast Vegetables Tossed salad	Sides Steamed Rice Nachos	Sides Crushed Potatoes Red Cabbage	Sides Steamed Rice Poppadoms Bahji's	Sides French Fries Tossed salad Coleslaw/Sweetcorn	Sides Sweet Potato Chips Green beans
Dessert Eton Mess	Dessert Cheese & Biscuits	Dessert Mars Bar Cakes	Dessert Fruit Salad	Dessert Creamed Scones	Dessert Chefs Choice	Dessert Chefs Choice



**Note to all Parents/Students :** The catering team are aware of all student's individual dietary requirements and we urge all students to please ask the catering staff if they are unsure of options available to them.  
If a main dish contains any items which they are allergic to an alternative will have been prepared for them by the chef.